

FALLS ARE PREVENTABLE, AND NOT A CONSEQUENCE OF AGEING

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STAY ON YOUR FEET WEEK

“GET UP ‘N’ GO” WITH FELDENKRAIS

The Feldenkrais Method® an educational method centred on movement, aims to improve and refine the way we use our bodies. The method employs novel, GENTLE explorations to uncover easier, PAINFREE ways to improve the things we do in everyday life.

Improve the ease with which you move at one of these

FREE WORKSHOPS

- Gabbadah
- Joondalup
- North Perth
- Shenton Park
- Victoria Park
- Fremantle

Register on
1800 001 550

13 - 19th September

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Stay On Your Feet WA®



Government of Western Australia
Department of Health